

DESK STRETCHES

These are stretches to do at your desk.
This program will take 2 1/2 – 3 min.

- Breathe easily
- No bouncing or forcing
- No pain!
- *Feel the stretch*
- Relax
- See Stretching Instructions, pp. 77–84

1

5 sec, 3 times
p. 82



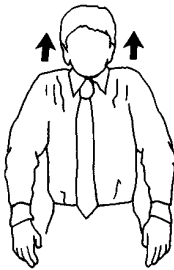
2

5 sec, 3 times
p. 82



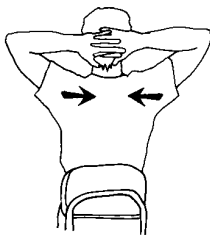
3

5 sec, 2 times
p. 81



4

5 sec, 2 times
p. 84



5

5 sec
p. 84



6

5 sec
each side
p. 84



7

5 sec
p. 84



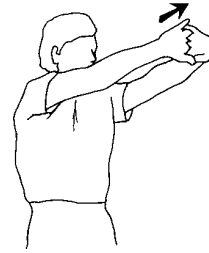
8

10 sec
each arm
p. 81



9

10 sec
p. 82



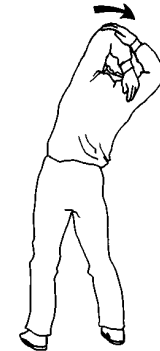
10

10 sec
p. 81



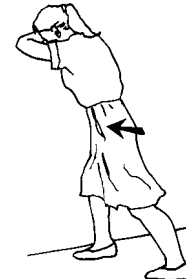
11

9 sec
each side
p. 82



12

10 sec
p. 79



- Prolonged sitting at a desk or computer terminal can cause muscular tension and pain.
- Taking a few minutes to do a series of stretches can make your whole body feel better.
- Learn to stretch spontaneously throughout the day whenever you feel tense.
- Don't just do seated stretches, but do some standing stretches too. Good for circulation.

From the book: